



Plan of the Day Notes - January – Healthy Weight

Plan of the Day Notes are arranged for weekly and/or daily use. The first four listed are recommended as POW notes and the remainder can be used for POD notes.

1. Tips to speed up your metabolism:

- Quit starving yourself
 - Start exercising
 - Exercise longer
 - Exercise large muscle groups
 - Vary your workout
- Eat a good breakfast
 - Eat three meals a day
 - Resist food cravings
 - Eat less fat
 - Avoid alcohol and smoking

2. 3500 CALORIES EQUALS ONE POUND to lose 1 pound per week, decrease the calories you eat by 250 and increase your calorie expenditure by 250 calories per day. Walk, jog, swim or bicycle 25 to 40 minutes daily, depending on intensity, to burn 250 calories. “Start Today for a Healthy Tomorrow”

3. Before you pick a weight-loss plan, make sure you are ready to change your eating and exercise habits. Ask yourself the following questions:

- Are you willing to make regular physical activity a part of your routine?
- Are you committed to making small gradual changes in your eating plan?
- Do you have a realistic weight-loss goal in mind?
- Can you control your food choices and meal preparation methods?
- Are you losing weight to improve your health and feel better?

If you answered yes to all of these questions, congratulations! You are ready to adopt a weight-loss plan that you can comfortably follow and maintain for a lifetime. Now, take the next step and make a plan that will work for you: <http://www.choosemyplate.gov/>

4. Part of the enjoyment of eating lies in seeing what’s on your plate, smelling the food and taking time to enjoy the process. Grabbing or eating on the run deprives you of the very things that make eating fun – and healthier. By eating slowly, you may improve what and how much you eat. Try these tips:

- Always eat from a plate
- Sit at a table
- Eat only when hungry
- Enjoy what you eat
- Eat what you like.



5. According to the University of California Wellness Letter, the average American gains about two pounds a year. Since every pound of body weight equals 3500 calories, two pounds translates into an extra 19 calories a day. Nineteen calories is easy to surpass so if you look at the overweight incidence it's feasible to think in terms of 100 extra calories on a daily basis. Making a change in your intake that equals 100 calories is very simple, try –

- Water - packed tuna instead of oil - packed
- One cup of whole grain cereal instead of two
- Tomato slices, lettuces leaves and pepper strips on a sandwich instead of mayo
- Two cups of skim milk per day instead of two cups of whole milk
- A cup of low – fat, sugar free yogurt, instead of a doughnut
- A cup of water flavored with a lemon instead of a soft drink

6. Eat breakfast and you will eat less and burn more calories throughout the day. Eating breakfast is also an easy way to increase your fruit, calcium and whole grains.

7. Boost your metabolism the natural way, with strength training. Muscle in your body is metabolically active, and requires more calories to sustain itself than body fat.

8. “Supersize” meals may be bad bargains: For example, a McDonald’s Quarter Pounder with Cheese Extra Value meal has 1,350 calories, compared with 890 calories for a Quarter Pounder with cheese and small fries and Coke. The larger meal actually costs 8 cents less. Supersize food = Supersize people.

9. P-C-F BALANCE: At each meal combine protein, carbohydrate and fat for better nutrition and appetite control. Refuel at regular intervals (every 4-5 hours) throughout the day..

10. Rough It UP: Fiber acts as an internal scrub brush for your body. It is the magic ingredient for weight management, and can help lower blood cholesterol, control blood sugar, and provide protection against colon cancer. Fiber in high fiber foods, such as whole-grain or bran cereals and vegetables adds bulk to your diet and helps you feel full without adding extra calories.

11. Ten Ideas to Get Active

1. Use a push mower to mow the lawn
2. Go for a walk in a nearby park
3. Take the stairs instead of an elevator
4. Bike to work, to run errands, or visit friends



5. Clean out the garage or the attic
6. Walk with a friend over the lunch hour
7. Volunteer to become a coach or referee
8. Sign up for an group exercise class
9. Join a softball league
10. Park at the farthest end of the lot

12. Gaining weight as you get older is not part of a natural process. It is the lack of physical activity and excess food intake that contributes to weight gain.

13. Almost all diet plans help people lose weight, but about 95% of people who lose weight gain it back. The truly successful people who don't gain the weight back all have one thing in common - **EXERCISE**.

14. The average American eats about 15 grams of fiber daily. Recommendations for good health are about double that – between 25 and 35 grams per day. Some examples are:

- 1 med apple – 3.7 grams
- 3.5 c. (1 oz) popcorn - 4.2grams
- 3/4 c. All-bran cereal (10 grams)
- 1/2 c. Pinto beans (7.4 grams)

15. Choose Sensibly - Choose a diet that is low in saturated fat and cholesterol, and moderate in total fat.

16. For weight management and cardiac health, cutting back on total fat is a good idea. High intake of fat can sabotage any weight loss efforts. To keep blood lipids (cholesterol, triglycerides) low and arteries clear, the type of fat that is chosen is even more important than the amount. Limit saturated fats in the diet, exchanging them for monounsaturated when possible. Foods from the lower half of the Pyramid tend to be much lower in fat than the top of the pyramid. As we move to the upper half of the pyramid, fat and cholesterol content increases.

17. Our consumption of sweet beverages (fruit juices and sodas) has skyrocketed and so has the rate of obesity. Remember: drink water when you are thirsty. If you drink an extra can of regular soda each day, you can expect to gain 18 pounds in a year!

18. Individuals who want to lose weight should employ a balanced approach that includes exercise, education and nutrition.



19. Regular exercise sends the human body messages to increase its metabolism, strength and aerobic capacity. Each time you exercise, your body responds by upgrading its capabilities throughout the day and night.
20. A balanced approach to a healthy weight includes aerobic exercise to burn fat and deliver more oxygen and resistance training to increase lean body mass and burn more calories around the clock.
21. Education is one of the cornerstones of a healthy lifestyle. Once you have the baseline knowledge you need to make intelligent decisions about your health, fitness and diet, you achieve the healthy lifestyle you desire.
22. The human body has the natural ability to maintain a healthy weight automatically until it is forced to store fat through a lack of physical activity and/or a low calorie diet.
23. Research has shown that the consumption of fat calories has dropped more than 20 percent in the American diet in the past 25 years. However, a calorie-restricted diet forces the body into a “starvation response” of storing as much fat as it can for later use. The easiest way to lose weight is to maintain a well-balanced diet with a mild decrease in caloric intake and increased physical activity.
24. In addition to making small changes in food choices, increase activity by walking fifteen minutes a day or climb stairs instead of taking the elevator or other options
25. For many people, food is more than just nutrition. Eating is something to do when you’re bored, tired, anxious or when dealing with emotions. Often these behaviors can lead to overeating.
26. If you eat because of emotions, you may want to start keeping a food record of what you eat, when you eat and why you eat. Recognizing what triggers your eating can often make it easier to make changes.
27. Losing weight and keeping it off means developing a plan that is easy to follow, enjoyable and adaptable to your lifestyle.
28. Focusing on what you eat makes it easier to sense when you are full and to stop eating before you overeat.
29. Try eating slowly for enjoyment and your health.



30. Start your day off right with carbohydrates for energy and protein for sustained energy.

Breakfast ideas:

- Cereal topped with yogurt and fruit
- Whole-grain toast with peanut or soy nut butter with a glass of milk
- A leftover turkey and cranberry sauce sandwich
- Scrambled eggs, toast and fruit

31. Stay hydrated during the day by drinking a total of two cups of water, juice, coffee or tea at breakfast. Take a bottle of water along with you. Carry peanut butter crackers, dried fruit, or a cereal bar to nibble on in-between meals.